

“LET CHRIST GUIDE YOUR WAY”

CELEBRATION OF THE EUCHARIST: Fr. Carl reminded us that we please The Blessed Mary Virgin by allowing her Son, Jesus Christ, to Guide Our Way.

BUILDERS CLUB: Congrats to our new officers: Pres: Brooke Schwartz, Vice Pres: Genevieve Nadziejko, Treasurer: Paul Ott, Secretary Cailyn Meuth. This club will do awesome things this year!!!

GRANDPARENTS MASS: We will Celebrate the Eucharist with our grandparents on **WED, SEP 15, 9:00 AM. IT IS BEST TO START ARRIVING TO CHURCH AROUND 8:30. Since the church will be very crowded we ask that ONLY grandparents or a special person/persons (for those who will not have grandparents attending) join us.** Grandparents are welcome to visit with the kids in the classrooms until 11:00.

MORNING DROP OFF: Students will be permitted to go to the classrooms at 7:45 from now on. This is a change from 7:50. Hopefully this will spread out some of the drop offs from 7:50-8:00.

Little Church Begins Sept. 12! During 11am Mass, children ages Preschool – Kindergarten (and potty-trained) can learn the Gospel of the Day, Pray, and Play during Little Church! Hosted in the school preschool area, registered friends can meet their catechists at the doorway in the Pieta Hallway (connector between church and education/activity center). Register at <https://www.icc-columbia-il.us/little-church-registration> (under the Faith Formation tab). Questions? Contact Director Lauren Bernhard at lbernhard104@gmail.com.

Grades 3-5th Parents: A Mini-Mini-Retreat Just for You! If you are the parent of a child in 3rd, 4th or 5th grade, also known as “non-sacramental years,” guess what? The Church is still offering you guidance as you lead your Domestic Church at Home. Please join us in the Garden Level for a visit from Deuteronomy 6 Ministries on September 19th at 2pm, for a brief but informative reflection on parenting in the between-years, the power of prayer at home and ways we can support you and your growing-up family. No registration is necessary, but feel free to check in with Lizanne at lyoung@iccmail.org or 314-306-0981.

Parents & Friends: Just a reminder that we have our **FIRST MEETING** of the school year coming up! Let's have some fun!
Monday, September 13, 7pm

We will be meeting at Herbeck's Lake!

1007 Centerville Rd, Columbia, IL 62236

Directions: turn onto Centerville Road from South Main Street and go .8 miles. You'll make a left turn onto a gravel road to get to the lake - look for balloons! Drive slowly up the road until you see the big pavilion - that's where we will be. Dress for the weather, as we will be outside.

You can also attend virtually. All the meeting details can always be found here:

<http://ics-pf.weebly.com/meetings.html>

Come by at 6:30 to mingle before we get down to business!

Let us know if you have any questions!

Parents & Friends Agenda

September 13th, 2021 - 7:00pm Herbeck's Lake

I. Opening Prayer

II. President Report: Kim Siegel

III. Vice-President Report: Laura Oberkfell

IV. Secretary Report: Kara Dell-Hunt

V. Treasurer's Report: Amanda Sander

VI. Public Relations Representative: Jolene Sasser

VII. Teacher's Report:

VIII. Principal's Report: Mr. Gregson

BOX TOPS FOR EDUCATION: ICS is still collecting the Box Tops for Education. This is FREE money for the school. You can still cut them off the actual boxes and you can also simply scan your receipt using the app. (see link)). NOW - you can turn in your receipts to the school office and we will do all the work for you. Again, this is FREE money to ICS!!!!

https://www.boxtops4education.com/-/media/gmi/boxtopsforyoureducation/crc-downloads/2020/2020-08/site_download_btfeoverview2020.ashx?la=en

ROOM PARENTS: Room parents are needed for the 2021-2022 school year. We typically have 2-3 room parents per class with one parent per grade level being responsible for the finances for the year. Some of the responsibilities for room parents throughout the year include: trivia night silent auction items, dinner auction items, class parties, teacher birthdays, and secret santa around Christmas. If you choose to sign up as a room parent, you will receive more detailed information regarding these responsibilities. A sign up genius will be posted on the ICS Parents & Friends Facebook page on Friday, August 27th to sign up for spots along with a sign up for other Parents & Friends committees. Please contact Erin Pechacek at elpechacek@gmail.com if you have any questions.

JOE HOGUET GOLF TOURNEY: FRI, SEP 24 (see attachment) **THERE ARE STILL SPOTS OPEN FOR GOLFERS AND SPONSORS!!!!**

Donations Needed: The Fathers Club needs donations for our Barrel of Booze raffle for the Joe Hogue Golf Tournament. If you can donate a bottle (or two or three!!!) of liquor or wine, please drop it off at the school office. You can also contact Bob Wachtel at 618-531-9169 and

he'll come pick it up. We'll be collecting donations through Tuesday, September 21. Thank you!!!! THERE ARE STILL OPENINGS FOR MORE TEAMS AND SPONSORS!!!!

GIBAULT INFO:

Save the date for Open House 2021 on November 7. More information will be coming soon! As always, if you are interested in learning more about Gibault, contact our Director of Enrollment, Kelly Day, at kday@gibaulthawks.com.

Top Golf

We had so much fun last year, we're bringing back our Top Golf Fundraiser! Join us on Oct. 3 for a day of golf to benefit the students of Gibault. Registration and sponsorship information available at <https://one.bidpal.net/gchstopgolf2021>.

Oktoberfest 2021

Mark your calendars for our Hawk-toberfest on October 23! This is our 50th Oktoberfest, and we want to celebrate with our Gibault community! At this time, we are planning for an in-person event. Donations of new items are being accepted. Donations can be dropped off at the Gibault office during school hours, or pick-up of items can be arranged by calling us at 939-3883. Thank you for your support!

ICS VISIT: Gibault students will be visiting with us on Sep 14 and 23!!!!

SLU HIGH: There are many admission events taking place. If interested check out the website: <https://www.sluh.org/>.

VIANNEY HIGH SCHOOL: There are many admission events taking place. If interested check out the website:

<https://www.vianney.com/admissions/admissions-events/high-school-nights>

YOUNG AUTHORS: It's that time again! Turn in date for the fall Young Authors contest will be Monday, September 27st.

Guidelines: Please do not write your name on your story, instead use a post-it note or attach your name on a separate piece of paper with a paperclip. The emphasis of the Young Authors program is on creativity! A parent volunteer will judge your work based on its originality, its organization (does your story have a beginning, middle, and ending?), and on its use of clear, descriptive words. Stories are evaluated based 75% on creativity and 25% on grammar and punctuation. Does your story create a picture for your reader? Does it take them on a journey? You may also enter a poem. Students in grades 5 through 8 may also enter non-fiction essays including classroom assignments. Judges will be looking for clear, descriptive sentences and well-organized paragraphs. Any submission may be written at home or as part of a classroom assignment. Please do not submit work that has been entered in the Young Authors competition in a previous year. Young Authors is designed to encourage the student to write, however a parent can help with proofreading grammar, punctuation, and spelling. Very young authors may tell their story to a parent while the parent writes/types the story. It is important that the story be

“in the child’s own words,” which is the state rule for the Young Authors program. Parents should encourage their children to work on their submissions as independently as possible.

Students in grades K-4 receive their Young Authors' awards at presentations following each judging. Older students receive theirs at the Awards Night in May. All winners from fall and spring are entered into a drawing, and one randomly selected student from each grade will be invited to attend the regional Young Authors' Conference.

QUOTES OF THE WEEK: I was visiting one of the kindergarten classes and the kids were working on sorting with a deck of cards. I asked a boy about some of his stacks and he replied, **“These are the hearts, diamonds, spades and clovers. These are the kings and princesses.”** (I was impressed he knew the spades.)

As Mrs. Sullivan was walking out of mass on Thu she overheard a 3rd grade boy say to another, **“Why do they call God Howard?”** When Mrs. Sullivan asked him what he was talking about, he replied, **“You know, Howard be thy name.”** (I don’t make this stuff up!!!)

PRAYER LIST: Diane Corzine, Meghan Friedrich, Mike Conrad, Peg Aasheim, David Schueler (grandfather of Ellie, Olivia, Jackson Deffenbaugh & Keaton, Nolan, Levi, and Hayden Schueler) and all those serving in the military

“The mission of Immaculate Conception School is to provide experiences to inspire, challenge, and nurture the mind, body, and spirit of our students within the framework of the Gospel of Jesus Christ and the tradition of the Catholic Church.”

COUNSELOR’S CORNER

Internet/COVID/Moving Forward

Dopamine makes us all feel good. It plays a role not only how we feel, but how we think and plan. There is preliminary research happening about the relationship of the internet and dopamine levels. Although the research is not yet conclusive, we can consider assessing the possibilities with our own brains. People use the internet: YouTube, Discord, video games, Instagram, Facebook, TikTok, etc. for pleasure. To watch things we enjoy. One can make a basic assumption that this affects our dopamine. So at this point, underscored by science or not, one can make their own conclusion that if the “feel good” is associated with internet use, there could be a tendency to seek it more and to want more.

Why am I writing this? Because a teacher asked me this week, “Why do these kids have SO MUCH anxiety?” Counselors often get asked broad questions like this and no, we don’t always have the answer. But we have suggestions and yes even unresearched theories.

My theory is this:

COVID has polarized us. We have feelings and opinions about COVID, masks, vaccines and how we are inconvenienced. We don't all agree with one another. We state our opinions out loud, and sometimes frequently. We don't get full solutions because not everyone is playing by the same playbook. Our children see and feel our frustrations and our lack of answers. That is anxiety producing.

And then back to my first paragraph. We are seeking pleasure. Dopamine is "dope." Pun intended. If we are seeking pleasure through a system that often exposes us to these anxieties, and differences of opinions this can keep the angst going.

So for you, for your children, MODERATE your use. Live your life to your best standards. Have compassion even when people are loud and opposing to your views. Get outside, get exercise, look for the good in people.
It can't hurt, you know?

Karen Lundy, ICS School Counselor
The Teaching Never Stops